

Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

Prenatal breastfeeding class: Preparing for birth and the first 10 days

Noon–1:30 p.m.

Thursday, December 8 and
Friday, February 17

Vermont Department of Health
27 Federal Street, 3rd floor
St. Albans

6:00–7:30 p.m.

Monday, January 16
Family Birth Center
Northwestern Medical Center
conference room

For prenatal women considering breastfeeding. Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and learn the signs that breastfeeding is going well. Dads and grandparents are welcome, too.

Call 524-7970 to register.

All activities are FREE
of charge!

Story time

Thursdays, 10:30 a.m.; Franklin Haston Public Library

Tuesdays, 9:30 a.m.; Fairfax Community Library

Saturdays, 10:00–11:00 a.m.; Enosburgh Public Library

Mommy and Me Story Hour

Fridays, 9:00–10:00 a.m.; Enosburgh Public Library

Tuesdays, 11:00 a.m. and Wednesdays, 10:00 a.m.
Highgate Public Library

Wednesdays, 10:00–11:30 a.m.; Fairfield (BNML) Library

Families participate in movement and craft activities and enjoy listening to fun stories. All families welcome. Some story hours include a healthy snack.

Making your own baby food

Tuesday, January 24

11:00 a.m.–Noon

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Making your own baby food is easy. You can use many of the same foods the rest of your family eats. Most foods can be cooked and pureed for young babies and later chopped when your baby is ready for more textures. Join us for this food demonstration and taste testing. Participants will take home a free baby food mill.

Call 524-7970 to register.

Understanding your baby's cues

2nd Tuesday of each month

10:00–11:00 a.m.

Vermont Department of Health
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For parents of babies birth to 6-weeks. Join other new parents like you to learn about baby behavior. Understanding how babies sleep, why they cry, and what they need can help you feel more relaxed and confident. Responding quickly to your baby's cues helps her feel more safe and secure.

Call 524-7970 to register.